

NEWSNOTES

Civil Affairs, PSYOPS instructors wanted

Do you have recent Civil Affairs or Psychological Operations experience in the theater of operations? Are you looking for a break from the operational community? Do you want to share that experience and your professionalism as a TASS Instructor? The 5th Battalion (CAPO), 3rd Brigade (CAPO), 100 Division (OS), 80th TNG Command located in Edison, has E-5, E-6, and E-7 instructor/ writer slots for qualified Soldiers. The unit's mission is to provide high speed reclassification training to Soldiers aligned with CA and PO units preparing for worldwide deployments, Basic Non-Commissioned Officer Course (BNCO), and Advanced Non-Commissioned Officer Course (ANCO) at Fort Dix. So, if you really have what it takes, contact Major Michael G. Floru, S-3 5th Battalion, at michael.g.floru@us.army.mil.

Art Therapy sessions set for children

Army Community Service will be hosting Art Therapy sessions for children who are experiencing separation because of relocation, extensive TDY's, deployment, divorce or the death of a loved one. A professional Art Therapist will conduct the sessions using art activities as assessment tools to understand the children's concerns and issues that usually cannot be expressed verbally. Sessions will run for six consecutive weeks every Wednesday starting June 25. Two sessions will be offered each Wednesday; the first session is from 4:30 p.m. to 5:30 p.m. for children four to eight years of age; and the second session will run from 5:30 p.m. to 6:30 p.m. for children nine to thirteen years of age. Children will attend the first four sessions alone; parents and children will attend the last two sessions. The last session ends on July 30.

For more information and registration call Amada Espinoza at 562-2767. Registration in advance is required because of limited space.

National Guard hosts farewell to troops

The New Jersey National Guard will host a farewell ceremony Saturday, June 14, on Doughboy Field for nearly 3,000 Soldiers bound for Iraq as part of the 50th Infantry Brigade Combat Team. The 10:30 a.m. ceremony, which will include Gov. Jon S. Corzine, the Guard Parachute team and unfurling of the Brigade's colors, is expected to draw a crowd of thousands. Those attending are encouraged to bring lawn chairs.

WEATHER

FRIDAY -- Mostly sunny with a high of 86 degrees and a low of 62.

SATURDAY -- Warm and humid with times of clouds and sun. High of 88 degrees, low of 68.

SUNDAY -- Times of clouds and sun with a high of 84 degrees and a low of 65.

MONDAY -- Partly sunny with a high of 84 degrees, low of 61.

TUESDAY -- Partly cloudy with highs in the upper 70s and lows in the upper 50s.

WEDNESDAY -- Mostly cloudy with highs in the mid 70s, lows in the mid 50s.

THURSDAY -- Plenty of clouds and rain with highs in the mid 70s and lows in the low 50s.

US, Iraq talk longer stay

Jim Garamone
American Forces Press Service

WASHINGTON, June 9, 2008 — Negotiations continue on the strategic framework agreement between the United States and Iraq that will allow military operations in Iraq to continue after the United Nations mandate runs out Dec. 31, U.S. officials said today. The government of Iraq has expressed the desire to have other

frameworks in place when the U.N. mandate expires at the end of the year, Pentagon spokesman Bryan Whitman said. The agreement would allow the United States and Iraq to move forward in a bilateral relationship.

State Department representatives are working on the agreement with their opposite numbers in Iraq's Foreign Ministry. Some Iraqis have protested against any agreement, saying it is a way for the United States to

place permanent bases in the country. "We have said repeatedly that we are not seeking permanent military bases in Iraq," Whitman said. On the servicemember side, the agreement would deal with issues such as immunity and jurisdiction. U.S. officials negotiate these status-of-forces agreements with nations around the world, Whitman said.

The U.S. discussions with Iraq are based on three fundamental principles, the spokesman said.

First, he said, is full respect for Iraqi sovereignty. "There isn't going to be any sort of agreement that infringes on Iraq's sovereignty," Whitman flatly declared.

The second principle is that the agreement is fully transparent. There will be no secret deals in the negotiations, he said.

Third, it will be an Iraqi national decision. Any agreement will be submitted and debated in the Iraqi parliament, as required by law.

Dix joins birthday celebration



photos by Ed Mingin and 1st Lt. Antonia Greene

To celebrate the Army's 233rd birthday, students from the Fort Dix Child Development Center and Elementary School marched from the CDC building to Wurman Hall. Upon arrival at headquarters, Command Sgt. Maj. Bonita Davis, installation command sergeant major, read "Happy Birthday U.S. Army!" to the children, left. For more photos and story, see page 4.

United Communities cuts ribbon on new Laurel Hill housing

Gerry Zanzalari
Public Affairs Staff

It was brutally hot. But the hottest topic of conversation wasn't the heat, it was housing. On June 9, United Communities announced the official opening of newly constructed duplex housing for Army and Air Force E-7s and E-8s on Anteros Lane in the Laurel Hill section of the post.

A ribbon-cutting ceremony marked the unveiling of the homes that are now ready for occupancy. United Communities (UC), the company responsible for the redevelopment of the family residential communities at McGuire and Fort Dix marked the completion of the homes, among the first in the joint base housing privatization project.

UC demolished existing homes on the site that were originally constructed in the 1950s to make way for the newly constructed single-family, duplex and four-plex homes. The ceremony was emceed by Colonel (Ret.) Mike Warner, former installation commander, and speakers at the ceremony included, Lt. Col. Roger Cotton, installation deputy commander, Colonel Balan Ayyar, Commander, 305th Air Mobility Wing, and Mr. Richard Haydinger, President, United Communities.

"I am very pleased to be a part of

this initiative that maintains the quality of life in Army housing," said Warner. Lt. Col. Cotton offered his praise of the project and said that "Two years ago, the housing in this area was old and run-down. Now, this housing for our Soldiers is brand new and, with more than 6,000 family members living on-post, this is a great place to live."

Richard Haydinger, President of United Communities stated that "I am proud to be a part of the largest housing privatization project in the nation. These homes are representative of all the housing we will be constructing on the post and that United Communities couldn't do it without the cooperation of the Army and Air Force communities." The time of construction for these 2,100 square foot units — from framing to the time of occupancy — averages 85 days. Haydinger went on to thank the almost 400 people who, every day, dedicate themselves to the housing initiative. "The last time we had a ribbon-cutting, it was 4 decades above zero. Today it's almost 100, but we are still moving ahead," said Haydinger.

Colonel Balan Ayyar said "This housing initiative is a display of our commitment to military family support. The Air Force has high expectations and United Communities is constantly meeting our levels of excellence. This is a fabulous place to live."

(See photo, more information,



Ryan Morton

HIDE AND SEEK -- Sgt. David Walsh, a trainer with HHB 72nd Field Artillery Brigade, checks under a humvee for possible explosives during training at Fort Dix June 12.

Trainers share info on defeating IEDs

1st Lt. Antonia Greene
72nd FA Bde PAO

Improvised Explosive Devices are the number-one cause of casualties in theater, so they are the number one priority for our training.

Combined with the element of surprise, IEDs are the enemy's precision weapon of choice, and defeating them is our primary training objective.

In the words of First Army Commanding General, Lt. Gen. Thomas Miller, "Training must reflect how they will operate in theater."

Timeliness and relevance are the guiding principals for mobilization training.

This week, members of the Counter Explosive Hazards Center (CEHC), an IED Defeat (IEDD) Mobile Training Team (MTT) from Fort Leonard Wood, Mo., shared their latest IED-defeating tactics, techniques and procedures (TTPs) with the 72nd Field Artillery Training Support Brigade (TSB) IED lane observer, controller, trainers (OCTs).

The purpose of this "Train the Trainer" course is to ensure we have the most current theater trends to train service members preparing

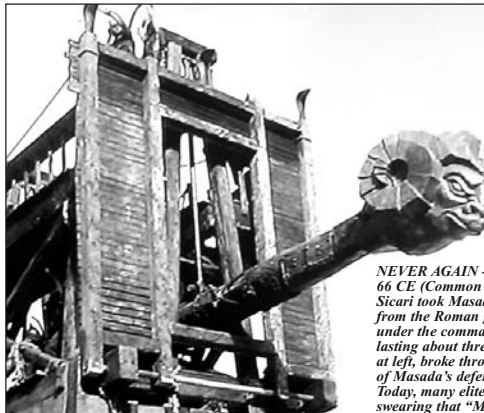
(continued on page 4)

War is hell, especially if you lose



reproduced courtesy of the Australian War Memorial at Canberra

OVER THE TOP -- The Battle of Gallipoli took place during the First World War on a small peninsula in Turkey called Gallipoli which was located on the western side of the strategically vital 28-mile long strait separating Europe and Asia, the Dardanelles. The battle was fought on three different battlefields, not far from each other, from April 25, 1919 to Jan. 9, 1920. The brainchild of Winston Churchill, planned to use Australian, British and French troops to capture the Ottoman capital of Constantinople (now Istanbul) and secure a sea route to Russia through the Dardanelles. The attack failed with heavy casualties on both sides. The best educated guesses about casualties attribute some 18,500 wounded and missing to the Aussies with about 8,000 dead; a little over 5,000 missing and wounded New Zealanders with approximately 2,500 dead and 198,000 Soldiers from the British Empire, excluding Anzac powers, wounded or missing with 22,000 killed. French Soldiers numbered 23,000 wounded and 27,000 killed while warriors from the Ottoman Empire (Turkey) suffered about 110,000 wounded and roughly 58,000 killed. In ancient times the Dardanelles was called the Hellespont and was the site where Persia's king Xerxes invaded Greece in 480 BC and where in 334 BC Alexander the Great crossed to enter Persia. Different blood flows in historic currents but the geography is often the same.



NEVER AGAIN -- According to Jewish-Roman historian Josephus, in 66 CE (Common Era) a group of Judaic extremist rebels called the Sicari took Masada, the mountain fortress built by Herod the Great from the Roman garrison stationed there. A siege by the Romans under the command of Gen. Lucius Flavius Silva began in 72 CE, lasting about three months before a Roman battering ram, like the one at left, broke through the fortress' defenses. They found that over 950 of Masada's defenders had committed suicide rather than surrender. Today, many elite Israeli Army units take their oath of allegiance here, swearing that "Masada shall never fall again."



photos property of KOCH Vision

DUNKIRK -- In May 1940 Hitler's armies stormed west through Holland and Belgium before taking on French and the British Expeditionary Force (BEF), both trapped in a diminishing pocket of land centered on Dunkirk. On May 26 15 passenger ferries were assembled at Dover in England to begin the eventual evacuation. Between May 26 and June 4 many more ships were used to rescue 338,000 troops trapped at Dunkirk but as Churchill sourly noted, "Wars are not won by evacuations."



http://www.dover-kent.co.uk/history/vw2b_dunkirk.htm



A french paratrooper in Indochina as portrayed by Anthony Quinn in 1966 film, "The Lost Command."

DIEN BIEN PHU -- French troops in Indochina, primarily Vietnam, were essentially overwhelmed by invading Japanese forces in World War II. But at the war's end France insisted on retaining her colonial possessions in the area. The United States frowned on France's colonial empire in the Far East but needed French support in the world-wide struggle against Soviet imperialism which emerged with the Cold War. Hence, President Truman warily supported the French in Asia as did his successors. But the French were eventually thrown out of Vietnam by the Viet Minh, Vietnamese communists under the command of Ho Chi Minh. The beginning of the end for France's colonial empire there was the siege of Dien Bien Phu which was launched on March 13, 1954. Less than two months later, the French fell.



AP photo

FRENCH PARATROOPERS -- France employed paratroopers in quick raids that destroyed Chinese supplies for the Viet Minh (Communists). Paratroopers were also used to reinforce Dien Bien Phu, but to no avail. French air mobility was not matched by air striking power.



AP photo/Vietnam News Agency

END OF EMPIRE -- Dien Bien Phu fell on May 7, 1954, and the defeated French left Indochina shortly thereafter. Here, captured French Soldiers trudge through the fields after the surrender.



compiled by Steve Snyder
Public Affairs Staff

President Kennedy once said, famously, that "Victory has a thousand fathers but defeat is an orphan." He was suggesting that thousands typically rush to claim the fruits of victory but nobody steps up to brag about a defeat. In that sense the former president's analysis was cogent but he neglected to mention the uncounted numbers of people who suffered agonies born with any defeat.

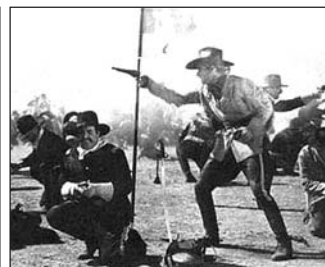
Take Masada, for instance. In 72 CE, Roman troops stormed the fortress near the Dead Sea which was manned by Jewish rebels called Zealots and Sicari. They were met with about 960 dead bodies, most of whom historians call suicides. Defenders of Masada made a powerful statement, then. They were saying that it's better to be dead than be a slave subject to the abuses Romans forced upon them.

Propaganda-wise, the Jewish rebels won a tremendous victory - body counts aside.

Soldiers need to remember that while the price of victory is never cheap, the costs of defeat are invariably more expensive.

Our current adversaries in the Mid-East and elsewhere are religious fanatics who despise all they don't understand and whose understanding is severely limited by a refusal to accept the primacy of reason and the intellect in the affairs of humanity.

Consider the defeats pictured on this pages. None were pleasant but many might have been avoided. Think. And win.



<http://themave.com/Flynn/filmog/boots.htm>

CUSTER'S LAST STAND -- Also known as the Battle of the Little Big Horn, took place on June 25-26, 1876, near the Little Bighorn River in eastern Montana. Somewhere between 900 and 1,800 warriors of the Lakota Sioux-Northern Cheyenne Indian tribes combined forces to wipe out 632 Soldiers and scouts of the 7th Cavalry Regiment under the command of Lt. Col. George Armstrong Custer. Men of the 7th died with their boots on.

the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFPC-FA-PA-CL, Fort Dix, NJ 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided, and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Post Commander Col. Ronald R. Thaxton

Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Beverly Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder
PAO Community Relations Gerry Zanzalari
PAO Writer/Editor Jennifer McCarthy
PAO Writer/Editor Lisa Evans

Fort Dix Public Affairs Office Contract Workers

Wayne Cook, Ed Mingin, Shawn Morris, Ryan Morton

WE GUARANTEE DELIVERY of your Fort Dix Post

The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-8000.

New AAFES manager tackles Dix, McGuire, Monmouth

Ryan Morton
Public Affairs Staff

A self-described Army brat who grew up on military installations in the United States, South Korea, and Germany, Jesse Martinez, is the new AAFES general manager for Fort Dix, McGuire Air Force Base, Fort Monmouth, and Thule Air Base in Greenland.

"I wanted to continue living in the military community and see the world," said Jesse Martinez on why he began working in retail for the Army and Air Force Exchange Service (AAFES) when he was fresh out of college 16 years ago.

He knew from an early age that national service was always something he wanted to do. In fact, upon graduation from the University of Texas-San Antonio with a major in marketing in 1992, he considered serving a tour in the Peace Corps before taking a position with AAFES.

Martinez, whose father is a retired chief warrant officer 3, began his AAFES career at Fort Lewis, Wash., where he served in the college management training program, working in an on-the-job-training environment at the Post Exchange.

After learning the ropes and getting his feet wet in retail management operations, he was transferred to Davis-Montham Air Force Base, Ariz. after nine months, where he assumed the position of sales manager at the Base Exchange. He served in this position for 18 months, before moving to Camp Zama, Japan, in the fall of 1994, where he was promoted and became the sales area manager at the furniture and toy store.

From there, he transferred to Yokota Air Base and was promoted to annex shift manager at the Base Exchange.

After 18 months, Martinez moved again, this time going to Camp Courtney in Okinawa, to become the main store PX manager. In early 1999, Martinez became the furniture store manager in Okinawa where he served his longest tenure to date, which lasted two years.

In 2001, Martinez returned to the United States, where his AAFES career continued at Fort Lewis, Wash., as operations manager at the PX. It was here where he embarked on his most

challenging task. He, along with other AAFES officials who were stationed around the globe, deployed to Bagram, Afghanistan, in early 2002 to establish the first AAFES exchange in the area.

When he returned to Fort Lewis in the fall of 2002, he transferred next door to McChord Air Force Base, Wash., and became the sales and merchandise manager at the BX, where he remained for another two years.

In the fall of 2004, Martinez was on the move again, this time to Fort Stewart, Ga., as the main store manager at the PX. In mid-2005, he temporarily assumed the main store general managers' position while his boss deployed to Iraq to work AAFES operations. When his boss returned, Martinez assumed his previous role of main store manager.

In early 2007, Martinez became the main store manager at the PX in Yongsan, South Korea. He worked this position until his promotion to general manager of the Fort Dix AAFES in April.

Despite the nomadic lifestyle and all the moves, Martinez has had a blast. "Throughout these years, it's been a whirlwind, but it's been great. The best part of the job in this process has been meeting all the great people, both military and the AAFES community, and getting to see the world," Martinez said.

Martinez and his wife Torii of 14 years, son Alex, 12, and daughter Belle, 6, are settling into the landscape of the community and residing in Marlton, New Jersey.

As for his new job at Dix, Martinez knows he has his work cut out for him.

"There's a lot going on here in the Dix/McGuire community. We've got a lot of things coming up such as renovations at the PX, the movie theater at McGuire, and The Burger King here on Dix," he said.

Martinez has already made his mark in the Dix/McGuire community, being instrumental in getting an ATM machine out to the AAFES site at the Tactical Training Base on the Dix range.

He knows he has a lot of work to do and many departments to run, but feels very optimistic about the situation at hand.

"I'm working on gaining familiarity with the area. It's been very busy, but I've got a great staff who have helped me along, making the transition go very smoothly," he said.



Ryan Morton

Jesse Martinez

New computer banner balances security, privacy considerations for Department of Defense users

Donna Miles
American Forces Press
Service

WASHINGTON, June 6, 2008 — A new notice on Defense Department computer screens ensures users understand that their e-mails are subject to monitoring, but also reinforces specific user privacy and confidentiality protections, a senior defense official said.

The new language represents the first change since 1997 to the "notice and consent" banner that appears each time a user logs onto a Defense Department network or information system. Similar changes were made to DoD's information system user agreement.

While clarifying the scope of the Defense Department's

authorized monitoring of its networks and information systems, the revised language preserves the privacy and confidentiality of certain types of privileged communications, according to John G. Grimes, the department's chief information officer.

"These changes to the ban-

DoD's commitment to respecting and protecting important private and confidential communications that are guaranteed for its personnel," Grimes said. "Privileged" communications between Defense Department users and their attorneys, clergy or psychotherapists receive additional protections

The new banner notifies users that their systems may be monitored for purposes including "penetration testing, COMSEC (communications security) monitoring, network defense, quality control, and employee misconduct, law enforcement and counterintelligence investigations."

ner and user agreement language help clarify the user's understanding of the broad nature of DoD's authorized monitoring practices, while simultaneously reaffirming

ous banner language did not expressly identify this protection for the user," Grimes said.

"For the first time ever, the DoD banner and user agreement now specifically addresses these important protections."

The new banner notifies users that their systems may be monitored for purposes including "penetration testing, COMSEC (communications security) monitoring, network defense, quality control, and employee misconduct, law enforcement and counterintelligence investigations."

It also includes a paragraph clarifying that passwords, access cards, encryption and biometric access controls are used to provide security for the benefit of the government — not to provide personal privacy to employees who willingly misuse type system for personal messages or other electronic misconduct.

A shorter notice will appear on government BlackBerry devices and other personal digital assistants and personal electronic devices.

Grimes emphasized that the new language clarifies longstanding DoD policy and practice.

The revised banner will ensure all users of government computer systems understand the limited privacy protections, officials said.

Defense Department officials said monitoring is critical in ensuring government systems aren't compromised by viruses or hackers, and to identify threats as early as possible.

"In order to protect DoD information systems, DoD needs to be able to monitor all traffic flowing through and across DoD systems," an department official said.

Volunteers are needed

for

Fort Dix Special

Observances Committees

Martin Luther King Jr. Birthday

Black History Month

Women's History Month

Holocaust Remembrance Day

Asian Pacific Heritage Month

Women's Equality Day

Hispanic Heritage Month

Native American Heritage Month

For more information call
Denise Horton at 562-4011

Dix joins worldwide celebration

Children theme of Army's 233rd birthday honors

Shawn Morris
Public Affairs Staff

More than 200 children from the Fort Dix Child Development Center and Elementary School celebrated the Army's 233rd birthday by participating in a patriotic parade June 12.

Kids, teachers and other Team Dix members wore their best red, white and blue outfits while carrying flags and banners as they marched from the Child Development Center to Wurnan Hall.

"It's all to celebrate the Army birthday," explained Sara Johnson, director of Morale, Welfare and Recreation. "We have a long history, and we care about family."

The Army dates its official birth to June 14, 1775, when the Continental Congress authorized 10 companies of riflemen, approved an enlistment form and appointed a committee to draft rules and regulations for the Army, according to the U.S. Army Center of Military History.

As part of the Secretary of the Army-directed initiative to include Army children in this year's birthday celebration, Command Sgt. Maj. Bonita Davis, installation command sergeant major, read a book entitled "Happy Birthday U.S. Army!" at the parade's conclusion.

"I'm a Soldier and a mother. This takes me back to when I used to read stories to my son," said Davis, who added that both her son and nephew are now Soldiers.

"You are all Army Strong," Davis told the children.

The book was co-written by Donna M. McGrath and Mary Ellen Pratt, both with Army Child and Youth Services (CYS). The book is designed to teach kids Army history, stress the importance of military parents, and define the significance of military children.

The 25-page book features pictures, graphics and text explaining Army history. That history is told through the story of a young boy comparing his biological family to his Army family, and his grandfather's birthday to the Army's birthday.

"We wanted to highlight for young children the importance of what their parents are doing in the Army, the richness of Army history, and their part in this huge and wonderful organization," said McGrath in a June 3 Army News Service article.

Army CYS has prepared 60,000 copies of the book for distribution to Army children worldwide.

"The Army provided each one of them a copy of the book," Johnson said of the parading youngsters. Additional copies will be distributed at youth activities during the week.

The Army will continue to celebrate its birthday throughout the week, the highlights of which include a cake cutting at the Pentagon June 13 and a wreath-laying ceremony at Arlington National Cemetery June 14 to honor fallen Soldiers.

Additional support for the parade was provided by the Fort Dix Fire Department, DoD Police Department, and Training Support Center.

The Army will continue to celebrate its birthday throughout the week.



photos by Ed Mingin



NO RAIN ON THIS PARADE — Teachers and students from the Fort Dix Child Development Center and Elementary School march in a parade June 12 to honor the Army's 233rd birthday, above and below. The marchers were kept in step by Johari Gardner of Pemberton Township High School, left. As part of the Secretary of the Army-directed initiative to include Army children in this year's birthday celebration, Command Sgt. Maj. Bonita Davis, installation command sergeant major, read a book entitled "Happy Birthday U.S. Army!" at the parade's conclusion.



Soldiers train to defeat IEDs

(continued from page 1)
for deployment in support of the war on terrorism. IED Defeat Awareness training is a mandatory post-mobilization requirement for all service members scheduled for missions in support of OIF and OEF.

The three-day course provided selected mobilization trainers an updated knowledge base on IED defeating, to include: the latest enemy TTPs on how IEDs are deployed, current ways to identify potential IED sites and what the guys on the ground are doing before, during and after an IED threat situation.

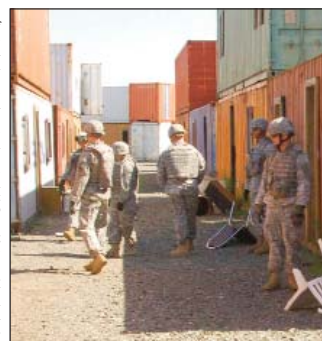
The IEDD training course, conducted at the Balad Military Operations Urban Terrain (MOULT) training range, is a contingency course — meaning, it is constantly being updated. Daily reports and detailed intelligence is relayed from theater via e-mail from entities like Task Force Troy, ensuring CEHC is training the most current TTPs.

OIF veteran, Nick Reno is one of the course instructors.

A former combat engineer injured by an anti-personnel mine and later discharged from the Army, Nick has been training IEDD for two years. He insists, the "train the trainer" course is an excellent tool for all servicemembers heading into harm's way.

"By thinking like the enemy, the 'train the trainer' course really hit home for many of the Soldiers," said Nick.

Days one and two consist of detailed classroom instruction



Ryan Morton

BOXED IN — Soldiers of the 72nd Field Artillery Brigade search nexes for enemy activity during training at Fort Dix's Balad range June 12.

and a written examination. Day three, the OC/Ts, similar to their comrades in theater, spend the majority of the hot summer day recognizing the signs of a potential IED threat and employing the critical steps to successfully defeat that threat.

The Soldiers also participated in implanting IEDs — a way of getting to know our enemy up close and personal.

Many of the 72nd TSB IED lane operators are Soldiers who have recently returned from tours in Iraq and Afghanistan where they were exposed to IEDs and the effects of IEDs on

our equipment and personnel. Specialist Vincent Hamberg, a recent OIF veteran turned OWT assigned to the 1/32nd LSB, shares his thoughts about the course.

"I appreciate it because I didn't have something like this before I deployed and now with the lessons I've learned first hand and the knowledge I've gained from this course I can pass it on to other Soldiers."

The course concluded with a capstone evaluation of how well current TTPs help service members detect and defeat the number one casualty producer in theater and how we can improve our training lanes to meet the needs of commanders down range.

The majority of these trainers volunteered another year of active service at Fort Dix mobilization center in order to share their lessons learned in theater with other service members preparing for similar missions. The addition of the CEHC training has proved another tool in their vast IEDD kit bag.

Same ads, flipped to other side

NEIGHBORHOOD

THE CORNER

Pre-Retirement/Separation seminar coming soon

The second quarter Military Pre-Retirement Orientation/Separation will be conducted **June 17-20** in the Timmermann Conference Center, located at Pennsylvania Avenue and 8th Street.

The seminar will begin each day at 8 a.m. and last until 4:30 p.m. Retirement eligible Soldiers are required to attend a Pre-Retirement Orientation within 120 days of retirement.

Separating Soldiers are encouraged to attend. This is an opportunity time to get all your retirement/separation questions answered.

Registration is required. Call Fay Marshall-Dease at (609)562-2666 or e-mail fay.marshalldease@us.army.mil to register.

Six Flags Great Adventure seeks summer employees

Reps from Six Flags Great Adventure will be at Fort Dix Army Community Service, 5201 Maryland Ave., **June 16** from 2 to 5 p.m. looking for people to work in security, entertainment, sales, ride management and other fields. There are limited opportunities for 15 year olds. Come early to fill out your application.

For more information call "Rod" Martell at 609 562-2186.

First Cavalry reunion coming soon

The 1st Cavalry Division reunion will be held **June 18-22** in Jacksonville, Fla. Correspondence should be sent to the 1st Cavalry Division Association, 302 N. Main Street, Copperas Cove, TX, 76522-1703.

Call (254) 547-6537 or e-mail firstcav@1cda.org.

Alcoholics Anonymous meetings held weekly

Part of the mission of the Army Substance Abuse Program is to support 12 Step Programs in the community. There are two Alcoholics Anonymous meetings on Fort Dix.

A closed, members-only meeting is held every Tuesday night at Bldg. 9013 from 7:30-8:30 p.m. On Thursday nights, there is a meeting at the Main Chapel from 7-8 p.m. (use the 8th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall).

There is no cost except the desire to stop drinking behaviors that are harmful to self and others. If you or someone you care about needs help, these meetings are ANONYMOUS. For more information, call 562-2020 or 4011, or stop by Building 5203.

Volunteers needed for speaking engagements

The Fort Dix Public Affairs Office is looking for officer and senior NCO volunteers to help us in our community relations efforts by becoming part of our speaker's bureau. All that's needed is enthusiasm, personality, the ability to read and engage the audience.

So if you have the availability to connect with our neighbors and bring a personal touch to the Fort Dix community, please call Gerry Zanzalari at 562-4034.

Operation Military Kids supports Soldiers' families

Operation: Military Kids (OMK) is a national initiative designed to support military youth when their Soldier parent is deployed.

OMK creates community support in places where the kids live. It delivers recreational, social, and educational programs as well as supporting the military kids in coping with the stress of knowing their deployed parents may be in harm's way.

OMK collaborates with schools to ensure that staff are attuned to the unique needs of the military students and educate the public on the impact of the deployment cycle on Soldiers, families, kids and the community.

For more information, visit www.operationmilitarykids.org or call Rachel Lyons, county 4-H agent, at Rutgers Cooperative Extension 265-5052 or 973-285-8300 X3.

Dix students take to the stage

Ryan Morton
Public Affairs Staff

Students at the Fort Dix Elementary School celebrated the coming end of their school year by performing in the sixth annual USO "Red, White, and Hope, 2008" show on June 6.

It's referred to as a USO show because, like a real USO show, it showcases comedy, singing, and dancing performances.

"All the kids were very excited to do the show. They worked really hard practicing everyday before school from 8 a.m. to 9:15 a.m. for the last five weeks and had a lot of fun," said Kelly McNabb, technology coordinator/teacher and theater arts director at the Fort Dix Elementary School.

McNabb has helped run the show during the past six years and says the response and support has steadily increased.

"Everyone looks forward to the show from the students to the parents; they all show tremendous support and love to come out and see the kids," she said.

Some of the acts at this year's show included performances by



Ryan Morton

TALENTED TOTS - Mrs. Hartner's Pre-Kindergarten class performs "My Country 'Tis of Thee" and "Grand Old Flag" at the 2008 Red White and Hope talent show held at the Fort Dix Elementary School on June 6.

Orion Bondoc singing Linkin Park's "What I've Done;" Mrs. Hartner's pre-kindergarten class singing "My Country 'Tis of Thee" and "Grand Old

Flag;" comedy from Maddie Baker, a piano solo from Maggie Yeates, and various dance numbers.

The audience erupted with thun-

derous applause throughout the show, which received rave reviews from both the parents and fellow students, according to McNabb.

Awaiting furniture and families



Col. Balan Ayyar, commander, 305th Air Mobility Wing, Maj. Gen Kip Self, commander, US Air Force Expeditionary Center, Burlington County Freeholder Aubrey Fenton, retired Maj. Gen. Rocco Negris, Rich Haydinger, president United Communities, Lt. Col. Roger Cotton, Fort Dix deputy commander and Fort Dix Command Sgt. Major Bonita Davis, from left, cut the ribbon marking the official opening of new senior-enlisted housing on Fort Dix June 9.

Ryan Morton

Dixan earns award in state contest

Wayne Cook
Public Affairs Staff

Nineteen of New Jersey's finest young leaders were recognized and celebrated during the Boys and Girls Clubs of America's New Jersey State Youth of the Year Program held at the Trenton Marriott, May 22.

During the spring, each chapter of the Boys and Girls Club selects a candidate between the ages of 14 and 18 to represent his or her club at the state level. These individuals must excel in their academic endeavors in school, must be community service oriented, and show leadership skills and potential within their local club organizations.

The Fort Dix representative to state this year was LaShanda Dargan, 16, of Browns Mills. A sophomore at the Burlington County Institute of Technology - Medford Campus, Dargan carries a 4.0 grade point average, is the treasurer of her class, a varsity cheerleader, and is a member of the student council, Jaguar Club, Health Occupation Students of America and the Vocationally Talented and Gifted Program.

Cheryl Shervington of the Youth Center served as Dargan's advisor and mentor in preparation for the event.

"I feel like our hard work paid off. It seemed to give my job more purpose when LaShanda placed so high. I'm very proud of her accomplishment," Shervington said.

"LaShanda is the first representative from Fort Dix to ever place at the state level. We all got very excited when we heard the outcome of the competition," said Al Stansbury, Youth Center director.

Earlier in the day, the representatives participated in informal interviews with a panel of impartial judges. The candidates were evaluated on their interviews, essays, and presentations. The judges paid particular attention to each individual's interviewing, public speaking and communications skills.

Joe Bisicchia, the host of CN8's Comcast Newsmakers, was the master of ceremonies during the evening's event.

Joe Piscopo, known for his acting in television, film and on theater, and his comedy shows in nightclubs, served as the keynote speaker. He has

been working on behalf of at-risk youth as a spokesperson for Boys and Girls Clubs in New Jersey. He now lends his time and talents to fundraising, public relations and advocacy for the Boys and Girls Clubs.

The winner of the Youth of the Year received a \$20,000 scholarship from Wal-Mart and \$1,000 from Reader's Digest. For placing fourth in the competition, Dargan received a \$3,500 scholarship from the New Jersey Area Council and \$1,000 from Reader's Digest.

In addition, this year's finalists were each given a \$100 gift card to be used during a shopping spree at the Cherry Hill Wal-Mart toward a new outfit for the day's event.

Even though she didn't win the competition, Dargan was overjoyed to have placed fourth.

"I was so surprised, I really didn't expect it. I thought I would go for the experience and then compete again next year. Miss Cheryl really pushed me to do my very best. She kept on encouraging me," said Dargan.

Dargan's family accompanied her to the competition and dinner and really cheered her on.

"My mom was so excited. The

club is a second home where I have learned to open up and share my personality with new people. It is a place that has provided me with opportunities that will help me be successful throughout my life," she said.



Wayne Cook

FANTASTIC FOURTH - LaShanda Dargan, 16, of Browns Mills placed fourth at the New Jersey State Youth of the Year Awards Dinner at the Trenton Marriott in Trenton May 22. She represented the Fort Dix Boys and Girls Clubs of America at the competition.

Dix spouses raise cup to tea tradition

Lisa Evans
Public Affairs Staff

Ladies in fancy hats and pretty dresses and a summer hot enough to bring perspiration to a lady's brow was the setting June 7 for the first Fort Dix Spouses' Club High Tea.

Ely Biederman, wife of Installation Chaplain, Col. Larry Biederman, hosted 50 ladies to a return to the gracious high teas of yesteryear in the historic house at 1 Julietstown Road. A traditional high tea of savories, scones and pastries, all made from scratch by ladies of the club, made this first event of a new tradition a huge success.



Lisa Evans

SPOT OF TEA - Traditional treats were served up at the Spouses Club High Tea June 7.

Ladies from the Four Seasons at Mansfield were delighted with the return to an old and lovely custom, as was Linda Pavlich, wife of Warrant

Officer John Pavlich who drove up from Washington for the event.

Guests dined on six types of finger sandwiches made by Bonnie Reed, this year's Chairperson of High Teas, and luscious scones and pastries made by Cindy Chartier, wife of Lt. Col. Daniel Chartier. Chartier was a pastry chef with a five-star restaurant in the past. Reed said that the idea for the tea was to bring back a custom older people remember and introduce it to a younger generation, especially the younger military wives who can continue high teas for another generation.

"It was a labor of love. The Spouses' Club is very connected to the military and we want to do our part to fill

in the gaps of what the Army can't do; to pay for those things a Soldier and his family can't," Reed said.

The club donates approximately \$20,000 a year to organizations and hopes that with more advertising and a better understanding of what high tea is, more ladies will be involved in following years to make the event a real money maker.

During the tea, awards were given to a dozen organizations at Fort Dix and \$1,000 scholarships given to two children of Army families: Brandon Crawford, who will be attending Burlington Community College and Theresa Eckstein for continuing education at Rutgers University.

MILITARY MATTERS

Future combat systems finish first major test

Brig. Gen. James Terry and Col. Lee Fetterman
Army News Service

WASHINGTON, June 11, 2008 — In the high mountain desert of Fort Bliss, Texas, Future Combat Systems successfully completed a first Force Development Test and Experiment May 18.

Army Evaluation Task Force Soldiers tested FCS Spin Out 1 systems over the course of several weeks within conditions representative of today's operational environment in Iraq or Afghanistan.

Spin Outs are designed to bring Future Combat Systems capabilities into current force modular brigades in support of Army modernization. Spin Out 1 consists of four different, but inter-operable systems. They are being tested for fielding to the Army in support of combat operations in the near future, officials said.

Enhanced lethality is provided by the Non-Line of Sight Launch System, a box of rockets capable of delivering precision fires from great distances to lower-level tactical units.

Two sensor systems, the tactical unattended ground sensors, and the urban unattended ground sensors are designed to increase situational awareness and understanding across the force while minimizing Soldier risk by providing pictures and sensor warnings to the force.

The pictures and warnings are provided through the fourth system in Spin Out 1, early network hardware. This hardware consists of a computer and pre-production joint tactical radio system, known as JTRS. Together these four systems are designed to enhance lethality and survivability of the modular brigade combat team by adding limited FCS capability to the force before the final version of FCS is available.

Capabilities of the systems will be placed in the hands of Soldiers and leaders at the platoon level and lower. Until now, most of the capabilities have been out of reach at that level and most often found at the battalion level and higher. Sensors will now be "networked" to the platoon level. This will provide situational awareness that contributes to more precise operations in environments where Soldiers must operate among people.

The Force Development Test and Experiment was conducted under the direction of the Training and Doctrine Command's Future Forces Integration Directorate.

performed attack, screen, defend, cordon and search, and force protection tasks against conventional and insurgent adversaries operating among a robust civilian population in both urban and desert terrain.

The operating environment was very similar to the current operational environment and what Soldiers see in theater every day. The event was monitored with data-collection instrumentation, data collectors from the Army Analysis Center and subject-matter experts from FFD and TRADOC proponents and centers.

It was the first time FCS equipment has been tested in continuous operations under stressful, realistic conditions in the hands of Soldiers. By any measure, officials said it was a huge success. Soldiers verified that the equipment performed to acceptable standards, and added operational value to their formation.

Soldiers were able to validate that the equipment worked as designed, with the normal challenges one would expect in an early test, and, as Soldiers are prone to do, they also discovered new and different ways to employ the systems under combat conditions to provide the most value added.

Additional testing will continue as the Army Test and Evaluation Command gathers more data to support continued development, evaluation, and procurement. The 5th Brigade (AETF), 1st Armored Division has another user-defined developmental test planned for early fall 2008 where a small unattended aerial sensor and a small unattended ground vehicle will be integrated into the network that will support Soldiers, in addition to the four Spin Out 1 systems.

In November, current plans include yet another user developmental test that will directly place Soldiers and leaders of small units into the network with the Land Warrior System. This capability provides the location of each Soldier, increases available communications capabilities, and provides greater situational awareness to each leader and Soldier.

The Soldiers of the 5th Brigade (AETF), 1st Armored Division are putting FCS to the test. In the coming months, testing and evaluation will continue in order to get Soldiers in Iraq and Afghanistan the enhanced lethality, survivability, and situational understanding capabilities that FCS can deliver.

Completing all program development and test requirements for all Future Combat Systems technologies and capabilities will eventually lead to the creation of the Army's first FCS Brigade. In the interim, AETF will continue to evaluate, integrate and synchronize Army modernization efforts to provide brigade combat teams with selected FCS capabilities that reduce operational risk and help deliver an FCS Brigade Combat Team to Joint Force Commanders.

Army purchases new exercise system for deployed Soldiers

Tim Hippus
Army News Service

FORT BRAGGY, N.C., June 11, 2008 — The Army has purchased 3,205 TRX Suspension Trainer "Fitness Anywhere," kits to help deployed Soldiers get complete-body workouts wherever they can find a beam, doorway or tree limb to anchor the resistance-training device.

Soldiers already have mounted several of the systems to Humvees, tanks and cargo crates. The Force Trainer kits were bought by the Army Family and Morale, Welfare and Recreation Command.

MWR employees at Fort Belvoir, Va., will send 205 of the combat-bootsized systems to Iraq and Afghanistan as part of the recreation kits for deployed troops. Three thousand more were issued to Army units for a pilot program at Fort Bragg, where about 100 Soldiers volunteered for train-the-trainer clinics with instructors from Fitness Anywhere, Inc.

Those Soldiers, in turn, will train other Soldiers in their respective units, which will be issued more of the systems before deploying to the Middle East.

"I'm never going to walk away from free weights, but for somebody that wants to maintain, especially during deployment, it's great," Sgt. Wes Bard said after completing a three-hour, train-the-trainer session at Fort Bragg. "I was doing the chest press, and compared to a bench press, it's working all those little stability muscles. It's a lot harder."

Bard, a 6-foot tall, 260-pound former football player, wrestler, and track and field competitor who tossed high school girls high into the air as a competition cheerleader, said he would use this system, even if free weights were available.

"There's no doubt at all," Bard said. "Don't be fooled by its appearance. I walked out here and looked at it and thought: 'Yeah, I think pretty much anybody could figure out how to rig it up and use it.'"

"But don't think it's going to be a cakewalk. It works the core great. And because we run every day, I really liked using it for the legs because you want to keep your legs in shape but you don't want to add mass. Weight training for your legs isn't really going to help you with the distances we run," he said.

Army commanders already have requested more of the kits, which include a quick-start guide, basic training DVD, 12-week strength and cardio training manual, and a mesh carry bag.

"Our missions take our Soldiers worldwide in some of the most austere environments," a mission commander wrote in an e-mail to Janet Mackinnon, the acting sports, fitness and aquatics director at FMWR in Alexandria, Va.

"In the past we have been taking bulky equipment with the unit, or in some cases, actually building equipment from existing materials. We think the TRX will fit the bill for our command's fitness needs," she said.

Mackinnon has been down this road before. In 2004, she began issuing troops a much simpler workout tool called Army Fitness Deployed, a resistance-training kit that consisted of a strand of elastic tubing in a pocket-sized package. She sent more than 680,000 of those kits to Army units and Soldiers around the world.

"I wanted to do something that is the next evolution, if you will, that's a more intense



FEELING THE STRETCH — The Army Family and Morale, Welfare and Recreation Command purchased 3,205 of the TRX Suspension Trainer exercise systems to be distributed through a pilot program at Fort Bragg and in recreation kits headed to troops in Iraq and Afghanistan.

workout for the people that really need it and just don't have access to the other things," she said.

Mackinnon is excited about this pilot program, and hopes to expand its scope.

"I can only do as much as the funding allows me to do," she said. "Basically, I want to make sure this is worth it. Do the Soldiers like it? Are they getting a good workout? Are they also getting some recreation in?"

The Fitness Anywhere folks believe their system is the answer.

"This could be an unprecedented launch of awareness into the Army on suspension training and the TRX," said Ken Taylor, a former Navy SEAL who helped instruct the train-the-trainer clinics at Fort Bragg. He knows firsthand how difficult it is to train in the field and can't wait to see the reactions of the Soldiers using total-resistance training.

"There are hundreds and hundreds of service members that on their own have recognized the value of the suspension training and have been purchasing these via our Web site," he said.

The Soldiers at Fort Bragg were delighted to receive the training and experience the full-body effects of a TRX workout.

"It was a big surprise to just see how much stuff we could do," Sgt. Tavares Wilson said. "Not just the different exercises, but the different

exercises for every body part. I'm going to go home and show it to my wife and we're going to work out at home. This will save us some trips to the gym."

Wilson, 23, who deployed to Baghdad in 2004-05 and Balad in 2006-07, said the TRX system could not replace working with free weights, but it could supplement his regimen. He said the gyms on developed bases in Iraq were "top-of-the-line."

"I personally love the gym, so I'm not going to stay out of it. But this definitely will give it some competition. Say I want to do a two-a-day workout in the morning, I would go to the gym; and my second workout would be this," said Wilson. "This is definitely a gym right here."

That's music to the ears of TRX inventor Randy Hetrick, a former Navy SEAL.

"The success of the TRX is way beyond anything I've ever envisioned that it could become, and that's pretty cool," Hetrick said.

This is a paradigm shift because Soldiers usually only have the ground to work out off exercises, but the different

exercises for every body part. I'm going to go home and show it to my wife and we're going to work out at home. This will save us some trips to the gym."

Wilson, 23, who deployed to Baghdad in 2004-05 and Balad in 2006-07, said the TRX system could not replace working with free weights, but it could supplement his regimen. He said the gyms on developed bases in Iraq were "top-of-the-line."

"I personally love the gym,

Army commanders already have requested more of the kits, which include a quick-start guide, basic training DVD, 12-week strength and cardio training manual, and a mesh carry bag.



Lisa Evans

Deeds, not words

Minnie Concepcion of PHH Mortgage, left, donates a care package to Sgt. Kathryn Hadaway, right, and 1st Sgt. Lee Seung, rear, at the Fort Dix Joint Readiness Center June 6. PHH Mortgage donated 300 care packages to mobilizing Soldiers.

NCO Call
at Club Dix
Wednesdays at 6 p.m.



Ed Mingin

TAKING HIS BEST SHOT -- Jim Campbell, Griffith Field House, will have his fine-art photography on display at the Pemberton Library from June 15 through the end of July. A formal reception will be held June 29 at 2 p.m. Thirty-five pieces of Campbell's work will be on display, spanning nearly 40 years.

Dixan displays fine-art photos at local library

Ed Mingin
Public Affairs Staff

Art for Pemberton, in conjunction with the Pemberton Library, will exhibit photos by Jim Campbell starting June 15. Ask Campbell what he does for a living, and he'll respond that he works at the Griffith Field House.

"I started working here back in December. This is my second time working here [at Fort Dix]. I worked here back in 91-92, right after I got out of the Air Force," he said.

Ask him about what he does, what he is, or what he's passionate about, and he'll have a different answer.

"I'm a fine-art photographer. I've been doing it for the better part of 38 years," said Campbell.

Campbell's photography work will be on display at the Pemberton Library until the end of July.

"The exhibit formally starts June 15. We're putting it up now, getting it all ready. It runs from June 15 through the end

of July. We're going to have a formal reception June 29, from 2 to 5 p.m. The exhibit has 35 pieces of my work, 10 of which have never been seen before," said Campbell.

Initially, Campbell was studying to be a painter, and wasn't planning to be a photographer. It kind of happened my mistake.

"I was an art student. I'd take photos of what I wanted to paint, then paint from the photos. It came to be that my photos were better than my paintings," he said.

Campbell has had his photos exhibited in several shows, and won some awards for his work. To share his passion for photography, he has also taught classes at the Fine Art Photography Center for the Arts in Marlton and at Lenape High School.

"We'd go over the basics of photography -- lighting, film types, basic camera operations, subjects. I'd like to start teaching again," he said.

One of Campbell's former students, Brad Fusco, will also have his work displayed at the

library during the exhibit.

"He is my associate. He's a fine photographer in his own right. He was a student in one of the classes I taught. We became friends and his work compliments mine in so many ways. We'd go out shooting together and I talked to him about collaborating for art shows," said Campbell.

Another of Campbell's skills will also be on display during the exhibit, but in a less obvious fashion.

"I cut my own mattes," he said. "I took a framing class here at Fort Dix, at Arts and Crafts. I learned framing and matting there."

Campbell is encouraging everyone to attend his exhibit at the Pemberton Library, and maybe purchase one of his photos.

"I do try to sell my work, but it's more a passion for me," he said.

"The public is welcome, and everyone who knows me at Fort Dix is expected to be there," said Campbell with a laugh. "I want to see you

there."

Disabilities act gives kids equal education

Capt. Nick Mitchell
Judge Advocate

The federal law known as the Individuals with Disabilities Education Act (IDEA) requires public schools to make available to all eligible children, with disabilities, a free appropriate education in the least restrictive environment appropriate to their individual needs.

IDEA requires public school systems to develop appropriate Individualized Education Programs (IEPs) for each child. The specific special education program and related services outlined in each IEP reflect the individualized needs of each student.

IDEA also mandates that particular procedures be followed in the development of the IEP. Each student's IEP must be developed by a team of knowledgeable persons and must be, at least, reviewed annually.

The team includes the child's teacher; the parents, subject to certain limited exceptions; the child, if determined to be appropriate; an agency representative who is qualified to provide or supervise the provision of special edu-

cation; and other individuals at the parents' or agency's discretion.

If parents disagree with the proposed IEP, they can request a due process hearing and a review from the state educational agency if applicable in that state. They can also appeal the state agency's decision to state or federal court.

For more information, call (202) 245-7468 or write the Office of Special Education & Rehabilitative Services, U.S. Department of Education, 400 Maryland Avenue, S.W., Washington, D.C., 20202-7100.

(You can also visit <http://idea.ed.gov/explore/home>. This site was created to provide a "one-stop shop" for resources related to IDEA and its implementing regulations. It is a "living" Web site and will change and grow as resources and information become available. When fully implemented, the site will provide searchable versions of IDEA and the regulations, access to cross-referenced content from other laws, video clips on selected topics, topic briefs on selected regulations, links to OSEP's Technical Assistance and Dissemination (TA&D) Network and a Q&A Corner where you can submit questions, and a variety of other information sources.)



Lisa Evans

Magnificent seven

Graduates of the Fort Dix Chemical, Biological, Radiological and Nuclear Defense Course class 08-08 are, from left, 2nd Lt. Thomas Hayes, 1st Lt. Matthew Jones, Spc. Dia Jackson, Spc. Michael A. Matos, Sgt. 1st Class Bonilla Allen, Sgt. Steven Halleburton and civilian Chris Long.

Seatbelts, speed control help save lives

Seatbelts

For most of us, buckling up is a force of habit — something we've been doing for so long that it almost seems to happen automatically before we even put the key in the ignition. However, despite the widely-known fact that seat belts save lives, there are still service members who won't use them during the Critical Days of Summer from Memorial Day to Labor Day. These people are violating a direct order.

With all the data showing how something as simple as buckling up can drastically improve the chances of surviving an accident, why are there still people who don't? The current national seat belt usage rates are 82 percent, but that still means nearly 20 percent of the population doesn't take two seconds to perform one of the most important risk management behaviors associated with driving.

In order to combat this, every summer state and local law enforcement agencies across the country and at mili-

tary installations across the globe team up for Click It Or Ticket.

Click It Or Ticket is an enforcement program targeting unrestrained drivers and passengers. Cops will be cracking down day and night from May 19 through June 1 and they hope the inconvenience of a ticket will remind drivers to buckle up — and ensure all their passengers are buckled up — each and every time they get in the car.

Speeding

For many, a speeding ticket is little more than an annoyance — a hundred bucks or more down the drain for fines and court costs, and higher insurance rates down the road. However, each and every summer, service members are killed on the highways and the number one reason for their fatal crashes is excessive speed.

Statistics prove that slowing down is an effective way to reduce the risk of traffic accidents this summer. Not only does reduced speed reduce the

potential severity of an accident that does occur, it also gives you a better opportunity to avoid accidents altogether. Slowing down gives you more time to react to hazards such as highway debris and unexpected actions by other drivers.

The National Highway Traffic Safety Administration

Experts have realized that fatigue is a fatal factor in more and more traffic accidents as people lead increasingly hectic lives and travel longer distances for work, school, and recreation. This problem can be exacerbated for service members who often work long hours and may attempt to pack in as much recreational activity as possible between deployments.

and the Insurance Institute for Highway Safety report that single-vehicle crashes, such as cars that run off the road or hit an embankment, are most likely to occur at speeds in excess of 70 miles per hour. The risk of injury with all types of crashes increases with speed. Studies have shown that the risk of injury is lowest when the driver is going at or just

below the posted speed limit and the risk increases exponentially at higher speeds.

Fatigue

This past August, during the Critical Days of Summer, a service member left a bar in Jacksonville, Fla., and headed home. Bad decision. Every-

one knows drinking and driv-

ing is an accident waiting to happen. However, what killed this service member was the fact that he was tired. Who isn't at two in the morning? He fell asleep for just a second — enough time for his Chevy Tahoe to drift off the side of the road, which immediately woke him up. However, he over-corrected and ended up rolling the SUV numerous times. He was

pronounced dead on the scene.

Experts have realized that fatigue is a fatal factor in more and more traffic accidents as people lead increasingly hectic lives and travel longer distances for work, school, and recreation. This problem can be exacerbated for service members who often work long hours and may attempt to pack in as much recreational activity as possible between deployments.

The National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute (VTTI) combined to study the problem of fatigued driving. Their study found that drowsiness is a significant problem that increases a driver's risk of a crash or near-crash by at least a factor of four. However, they also noted that fatigue may be significantly under-reported, so the danger could be even greater.

Fatigue on the roadways doesn't only occur from a lack of sleep. The monotony of home late is frustrating, not driving long distances can

cause sleepiness even if you're well-rested. You should always start the trip well rested. Try to leave work early so most of the drive can be completed during daylight hours. Learn to recognize the signs of fatigue which include:

- Trouble keeping your eyes open and focused.
- Nodding, or difficulty keeping your head up.
- Daydreaming or wandering, disconnected thoughts.
- Yawning a lot or needing to rub your eyes.
- Drifting out of your lane or tailgating.
- Missing road signs or driving past your turn.
- Feeling irritable, restless and impatient.
- On an interstate, drifting off the road and hitting the rumble strips.

If you notice any of these symptoms, immediately look for a place to stop and get a room for the night before you become a danger to yourself and others on the road. Getting there at all is a tragedy.

Backyard safety leads to fun in the sun

Gas Grills

A few years ago, a young lieutenant was volunteering as a food vendor at a local summer festival. He'd done it for four straight years, and figured he had the whole operation down to a science. The propane tanks were connected to some deep fat fryers, and he had to swap out an empty tank for a full one.

He closed the valve and disconnected the hose on one tank but smelled some leaking gas. He immediately reconnected the hose and tried to close the valve on the other tank, but he turned the knob the wrong way and the rush of gas made its way to the pilot light on the fryers. Before he knew it, he was en route to the nearest emergency room with first and second-degree burns on the backs of both legs and his left arm.

While that's an extreme example of a barbecue gone bad, every summer service members receive minor injuries from mistakes such as using a lighter to ignite a gas grill, turning on the gas with the grill's lid closed so that gas accumulates and becomes a fireball when lit, or using gasoline on charcoal. Another common mistake is spraying lighter fluid on hot coals. The flames can shoot up the lighter fluid stream and cause the container to explode in your hands.

According to the National Fire Protection Association, gas-fueled and charcoal grills are involved in thousands of homes structure and outdoor fires each year. Nearly half of outdoor gas grill fires and one third of gas grill structure fires are the result of leaks and breaks in the equipment. The two leading causes of charcoal grill fires are combustible materials (including the home itself) that are too close to the grill and unattended cooking.

Lawnmowers

There's so much to love about summer — the beach, the sun, warm weather and long days. Mowing the grass usually doesn't rank too high on the list, but it has to be done.

The only thing between that interrupting an afternoon of good times to take care of this chore is losing a toe or two in the process. A service member found this out the hard way last summer, when he was dutifully tackling a yard full of crabgrass. He came to a downhill slope and the mower got stuck. He tried to plant his left foot on the back of the mower but he slipped and shoved the mower forward. This caused the back of the mower to lift and his big toe and part of another were sheared off by the still-spinning blade. He wasn't wearing boots, but if he has any interest in keeping the other eight toes, he probably will when he mows the grass this year.

The American Academy of Pediatrics reports that nearly 70,000 people a year wind up in hospital emergency rooms due to lawnmower injuries and nearly 10,000 of those are children.

A lawnmower blade can travel at speeds of up to 200 miles per hour. When materials such as toys, stones, and sticks encounter the blade, they too can travel 200 mph as they leave the discharge chute. That's why the blade isn't the only danger.

In addition to cutting and projectile dangers, mowers also cause burns. The muffler and cylinder head heat up during operation and remain hot for a while after the engine has been shut off.

However, these risks don't give you an excuse to stay inside where it's air conditioned and let your grass grow up to the rooftop. Mowing the lawn can be accomplished without mishap as long as you follow a few simple precautions.

1. Prepare your lawn for mowing. This means checking for sticks, rocks, toys, sports equipment, dog bones, and anything else that might be hiding in tall grass. Also look for immovable objects such as pipes and partially buried rocks or tree roots. Running into objects like these could shatter the mower's blade and send chunks of metal flying.
2. Handle fuel with caution. Never fill the tank when the mower is hot. Vapors from the gasoline can be ignited by a hot muffler. Wipe up any spills.
3. Wear appropriate clothes. Close-fitting clothes are less likely to get caught on moving parts. Long pants and sturdy shoes protect you from flying objects. Shoes should also provide good traction. Consider hearing protection when mowing for long periods of time.
4. Make sure other people — especially children — are clear of the area.
5. Do not mow wet grass. It's slippery, which could cause you to lose traction. Wet grass also clogs the discharge chute and can cause the engine to stall.
6. Use care on inclines. Always push walk-behind mowers across slopes to avoid coming in contact with the mower. Drive riding mowers up and down slopes.
7. Never leave a running mower unattended.

Motorcycle, bike safety keys to happy travel

Motorcycles

There's been a disturbing trend in motorcycle mishap reports lately: Training, or rather a lack of training. One service member recently lost control of his motorcycle on an interstate highway and hit a pole. He not only failed to complete a Motorcycle Safety Foundation approved course so he could ride on military bases, but he wasn't even licensed by the DMV to be on the roads at all. His lack of training led to multiple injuries that might leave him partly disabled for life. He might not feel like a lucky guy, but the fact is, he could easily have been killed.

National Highway Traffic Safety Administration statistics indicate motorcycle fatalities nationwide have more than doubled during the last 10 years.

According to the Motorcycle Safety Foundation, more than half of all fatal motorcycle accidents involve another vehicle. Most of the time, the motorist, not the motorcyclist is at fault.

One thing riders of all types of motorcycles need to be aware of is intersections. Crashes are most likely to occur at intersections and too often, the drivers of four-wheeled vehicles report that they never even saw the motorcycle. The motorcyclist usually isn't at fault, but definitely bears the brunt of the damage.

Brightly colored clothing and helmets help make motorcycle riders more visible. Whatever the color, all helmets should have a tag stating that they meet Department of Transportation or the Snell Memorial Foundation specifications. Regardless of state laws, helmets are required for all service members, whether they're riding on or off base.

For more information about motorcycle safety, visit the Motorcycle Safety Foundation Web site at <http://www.msfsa.org>.

Bicycles

Riding a bicycle is a skill most of us acquired soon after learning to tie our shoelaces. It's widely considered to be a skill which, once learned, is forever implanted in our cerebral cortexes. Hence the phrase, "It's like riding a bike." And yet, riding a bike isn't always as easy as it sounds, because every year, thousands of people are injured while riding their bikes.

Last year during the Critical Days of Summer, a service member found out the hard way that speed and sharp turns don't mix. He had his bike up to about 20 miles per hour, really fast for pedal power. In fact, it was too fast for the curve he encountered. Realizing that his brakes weren't going to do the trick, he laid the bike down and fell on his shoulder. He ended up with a broken collar bone and a four-day hospital stay.

Even more tragic is the story of a chief warrant officer who was killed after the bicycle he was riding was struck by a small truck. According to mishap reports, most fatal bicycle accidents occur when bicyclists are hit by motor vehicles. One survey points to the motorists being at fault in nearly 90 percent of these accidents.

Ride with the assumption that you are invisible to cars and ride defensively. Be extra vigilant and watch for vehicles that are pulling out of a side street, parking lot, or driveway. Buy a headlight for your bicycle, even for daylight riding. This will make you a lot more visible. Wear reflective clothing and never ride against traffic.

Other tips include avoiding busy streets. It's much safer to take the streets with fewer and slower cars. Although bicycles have just as much right to the road as any motorized vehicle, that's small consolation if you end up injured or killed. Sixty-six percent of the time, cyclist fatalities occur in urban areas.

Use the whole lane when it's appropriate. It's often safer to use the whole lane, or at least ride a little bit to the left, than to hug the right curb. Here's why: Cars at intersections ahead of you can see you better if you're squarely in the road rather than over on the edge where you might be overlooked. Taking the lane also prevents cars from passing you too closely on narrow roadways, and riding a bit to the left prevents you from being hit if someone in a parked car unexpectedly opens the door.

According to Bicycling Magazine, one in every 20 bicyclists is injured annually. To protect yourself, always wear an approved helmet. Wearing bright colored clothes and equipping your bike with lights and reflectors will make you more visible to cars. Avoid riding over potholes, bumps, ice and oil slicks, loose gravel or sand, and sewer grates.

You're also better able to react quickly and avoid accidents if your bike is in good working order. Clean and oil the moving parts, check for proper air pressure and tire treads, and check the brakes for a quick, smooth stop.

Riding a bike is a great way to avoid high gas prices, stay in shape, and enjoy the warm weather. It can also be a bonding activity for families. Staying alert and aware of your surroundings will help keep a good ride from turning tragic.

101 Critical Days Of Summer

Staying hydrated tops safety tip list

As the long hot summer months continue with little relief in sight, individuals need to be aware of the increased dangers of heat related injuries.

Taking a drink of water when thirsty may be too little too late in some cases.

"You may already be 1-2 percent dehydrated at this stage, which could result in impaired performance, coordination and concentration," said Dr. John Campbell, U.S. Army Combat Readiness Center Command Surgeon. "Coffee, tea, juice and sodas are not substitutes for water. In fact, some of these are diuretics and can cause you to lose more body fluids."

More than 1,700 heat injuries occurred Army-wide during fiscal 2005 according to the U.S. Army Center for Health Promotion and Preventive Medicine.

Staying hydrated is critical as it helps to maintain proper blood volume, which allows your body to perspire and regulate heat, according to the U.S. Army Center for Health Promotion and Preventive Medicine Web site.

The Army Technical Bulletin MED507, titled Heat Stress Control and Heat Casualty Management, stresses that six to eight quarts of water a day is the recommended consumption for people performing daily routine activities. For people who are located in hot environments or performing strenuous activities, it is recommended that a person's water intake should increase to between nine to 12 quarts.

USACHPPM provides some of these early warning signs of heat stress: Dizziness, headache, nausea, unsteady walk, weakness or fatigue, and muscle cramps.



Shawn Morris

Articles taken from the U.S. Army Combat Readiness/Safety Center and the Naval Safety Center.

Announcements

Cinema Schedule

754-5139

McGuire Air Force Base

Friday, June 13 @ 7:30 p.m.

Made of Honor- Patrick Dempsey, Michelle Monaghan, Kevin McKidd, Kathleen Quinlan, Sydney Pollack - For Tom (Patrick Dempsey), life is good: he's sexy, successful, has great luck with the ladies, and knows he can always rely on Hannah (Michelle Monaghan), his delightful best friend and the one constant in his life. It's the perfect setup until Hannah goes overseas to Scotland on a six-week business trip... and Tom is stunned to realize how empty his life is without her. He resolves that when she gets back, he'll ask Hannah to marry him -- but is floored when he learns that she has become engaged to a handsome and wealthy Scotsman and plans to move overseas. When Hannah asks Tom to be her "maid" of honor, he reluctantly agrees to fill the role... but only so he can attempt to woo Hannah and stop the wedding before it's too late.

MPAA Rating: PG-13 - sexual content and language
Run time: 101 minutes

Saturday, June 14 @ 7:30 p.m.

Speed Racer - Emile Hirsch, Christina Ricci, John Goodman, Susan Sarandon, Matthew Fox - Born into the family business of race cars, Speed Racer (Emile Hirsch) is one of the track's hottest stars. Sitting behind the wheel of his awesome Mach 5, Speed consistently blows away the competition. When Speed turns down an offer from the head of Royalton Industries, he uncovers a terrible secret: powerful moguls are fixing the races to boost their profits. Hoping to beat Royalton at his own game, Speed enters the same grueling cross-country race that claimed his beloved brother's life.

MPAA Rating: PG - sequences of action, some violence and language
Runtime: 135

Future Features...

What Happens in Vegas
Friday, June 20 @ 7:30 p.m.
PG-13, 99 minutes

Iron Man
Saturday, June 21 @ 7:30 p.m.
PG-13, 126 minutes

Chapel Services

562-2020

Sunday Services
Protestant.....9-10 a.m.
Catholic Mass.....10:15-11:15 a.m.
Gospel.....11:30 a.m.-1 p.m.
Sunday School.....10 - 11:15 a.m.
CCD.....9:15 - 10 a.m.

Chapel 5 - Bldg. 5950, Church Street
General Protestant Service.....6:30 p.m.

NCO Academy Protestant Field Service -
Bldg. 5417, Texas Avenue
8:30 a.m.

June 8, 15/July 13, 20/August 10,
17/September 7, 14

Camp Victory - Chaplain's tent
Hour of Power
Protestant.....8-9 a.m.
Catholic.....8-9 a.m.
Mormon.....8-9 a.m.
Jewish.....8-9 a.m.

Special Notices

Vacation Bible School coming June 23 to 27
For more information call 562-4853/2020

Religious Services

Islamic Prayer room
open 7 a.m. to 4:30 p.m. Monday through
Friday - Room 24
Christian Women of the Chapel -
Bible Study - Tuesdays, 9:30 to 11:30 a.m.
Christian Men of the Chapel -
Prayer Breakfast - Fourth Saturday of each
month, 9 to 11 a.m.

Jewish services available by request
For additional services or Religious Support
please call 562-2020

Religious materials are available at the JRC,
the Main Chapel, and Camp Victory

The Main Chapel staff is in need of piano and
organ players during the Protestant and/or
Catholic services on Sundays to fill in as
needed. For information please call the chapel
at 562-2020.

MWR presents

CLUB DIX - 723-3272

Club Dix Hours of Operation

Java Cafe -	M-F	0700-1330
Computer Lab -	Mon & Tues	0700-1330
	Wed - Fri	0700-2200
	Saturday	1200-2200
	Sunday	1000-1800
Lunch Served	Tues-Fri	1100-1330
	Sat - Mon	Closed
Bar Hours	Wed	1700-2200
	Thurs - Sat	1800-2300
	Sun - Tues	Closed

June 20 - Texas Hold'em is back by popular
demand at Club Dix. Watch for details!

Fort Dix Child and Youth Services provides full day
summer camp for children 1st-8th grade. Call 562-
5231 more information.

Team Dix Day is 13 June! This year's theme is
"Mangarville" and competitions include a chilli
cook off, a weight lifting contests AND some lucky
Dixan will have the chance to win \$10,000!!! Watch
for details.

John Mann Park is available for private parties, unit
functions and more. Call 562-6667

OUTDOOR RECREATION

Bldg. 6045

Celebrate Father's Day by bringing your dad fishing!
14 June- Fluke Fishing- The Gambler - Point Pleasant, \$50- Adults- \$35- Children under 12- Hop aboard the new and improved Gambler, built for high speed and high seas. All poles, bait and tackle will be provided but make sure to bring tip money for fish cleaning for the mates that is if you catch any! Make sure you dress for inclement weather and don't forget your lunch! Outdoor Rec. will provide coolers for the catch. Trip leaves ODR at 6:15 a.m. Must be pre-registered.

21 June- Canoe or Kayak the Wading River! Beat the sun and come paddling w/ Outdoor Recreation in the Pinelands. Join us as we paddle down one of the many scenic rivers in Wharton State Forest. We will paddle from Hawkins Bridge to Beaver Branch, a nice 5 hour trip. We purchased brand new canoes and kayaks just last year so come on and try them out and get outside! Trip leaves ODR at 8:00 a.m.

Must be pre-registered.

For more information call 562-6667

ARTS & CRAFTS

Bldg. 6039

*Quilts for Kids - **June 14** - Join us as we stitch for children in long term healthcare facilities, safe houses, wounded warriors and families. Share this awesome experience of giving and learn new techniques of machine quilting or improve old ones. All experience levels welcome. Yes, men and mid-teens are welcome too! Held 11 a.m. to 3 p.m.

*Home Décor - **Window Treatments Part 1 - June 18** - A new series of classes designed to decorate your home with your style, and on a budget you can live with. This class explores simple, classic window treatments, measuring, choosing fabrics, trims, and the creative ways to hang them. Make your own or purchase off the shelf, and make them unique to you. Handouts, samples, suggestions, colors, resources. Bring a notebook. This is a no-sew seminar. Refreshments provided. \$25 fee, held 6:30 to 8:30 p.m.

*Summer Wreath - **June 26** - Discover the joys of crafting your own wreath in one night! Everlasting florals will be combined with shells and coordinating ribbons to enhance your front door for many summers to come! Held 6:30 to 8:30 p.m. \$5 plus materials.

*Krafty Birthdays - Arts & Crafts offers Krafty Birthday Parties! Parties include up to 2 hours of party room use, one craft project with instruction and all materials, with many exciting projects to choose from. When making party reservations, please make sure to stop by in order to select the craft and make payment.

*Contemporary Ceramics & Mosaic Studio - The Contemporary Ceramics Studio offers a large selection of bisque pieces to choose from to decorate and paint. All finished pieces are food, microwave, oven, freezer, and dishwasher safe. We have lots of idea books, traceable designs, tools, and an experienced staff to help you create a finished piece you will love. Mosaics are a great way to express yourself with colorful glass. From mirrors to wall plaques, we have many items to make as gifts or add pizzazz to your home décor. Just come in, pick out your piece, and we will help you with the rest. There is no time limit on completing your project, so you can relax and enjoy our friendly, creative atmosphere for as long as you like!

*NEW! Sony Picture Station - Do it yourself instant, high quality prints are easy to create and affordable too. Sizes are available from wallets to 8" x 10". Personalize your prints with wording, borders, picture collages, scrapbook pages, cards, calendars, and more. Just slip in the card from your digital camera, or a photo CD, and you're ready to print! Scan some old photos and burn them onto a CD, or just copy onto a CD from your memory card. This machine does it all!

*CREATE-A-CRITTER - Adorable Critters to stuff yourself! It's easy & fun! Choose from an assortment of Critters: Bears, Puppies, Unicorns, Frogs, Tigers and a whole lot more! You can even add an outfit! Create your own designs for T-shirts & canvas backpacks. Stop in today and have tons of fun stuffing your very own plush animal or you can take one home to stuff or give as a gift. Critter Birthday Parties also available.

AQUATIC CENTER

Indoor Pool

Longfellow's WHALE Tales for Grades K thru 6 American Red Cross Water Safety Classroom Session!
Longfellow's WHALE Tales provides easy-to-follow information to help children learn safe behavior in, on and around the water.
Classes are \$10 per child and will be held on **June 28 and July 12 at 10 a.m.** in the solarium at the Indoor Pool. Classes are one hour and no swimming required.

Please call and reserve a date. All reservations and inquiries can be made by calling 562-2808 or 562-6396. (Participants must have access to Post)

ACS

562-2767

Bldg. 5201 Maryland Avenue

Monday, June 16

Six Flags Great Adventure
Summer Job Recruiting
2 to 5 p.m.
Bldg. 5201. ACS

Wednesday June 18

Volunteer/AFTB/AFAP
Advisory Council Meeting
9:30 to 10:30 a.m.
Bldg. 5201, ACS

Financial Readiness
1:30 to 2:30 p.m.

Thursday, June 19

Newcomer's Orientation
9 a.m. to 2 p.m.
Bldg. 5201, ACS

Youth Center

562-5061
Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday from 2 to 7 p.m.
Saturday from 1 to 7 p.m.
Sunday CLOSED

Administrative Hours:

Tuesday - Friday from noon-6 p.m.

Weekly Schedule

Friday, June 13
Power Hour Store
2:30 to 4:30 p.m.
Computer Lab
4 to 6 p.m.

Saturday, June 14
Guitar Hero Jam Fest
2 to 6 p.m.

Monday, June 16
Power Hour
2:30 to 4:30 p.m.
Computer Lab
4 to 6 p.m.

Tuesday, June 17
Power Hour
2:30 - 4:30 p.m.
Computer Lab
4 - 6 p.m.

Wednesday, June 18
Power Hour
2:30 - 4:30 p.m.
Computer Lab
4 - 6 p.m.

Thursday, June 19
Tentative Last Day of School!!

CREATE IN '08

at the
Arts & Crafts Center
call 562-5691 for more information

FORT DIX WANTS YOU



**TO BE A
VOLUNTEER**
call 562-2767

Read
The
Post!

NCO Call
at
Club Dix
Wednesday
evenings
at 6 p.m.



courtesy photo

Defense Commissary Agency
Director Philip E. Sakowitz, Jr.

Sakowitz named DeCA director

FORT LEE, Va. — Philip E. Sakowitz Jr., a member of the Senior Executive Service, is the new director of the Defense Commissary Agency.

Sakowitz, formerly executive director of the Army's Installation Management Command, was introduced as DeCA's new director by Dr. David Chu, undersecretary of defense for personnel and readiness, during the DeCA-American Logistics Association joint Commissary Conference and Training Event May 19, in Richmond, Va.

As DeCA director, Sakowitz succeeds Patrick Nixon who retired in October 2007. Rick Page, the agency's chief operating officer, had served as its acting director in the interim.

Sakowitz has more than 30 years of federal service, working at Department of the Army, Army major command and installation levels. As IMCOM's executive director, he directed the daily execution of one of the most comprehensive multidisciplinary organizations in the Army. Operating equivalent to a "city manager," he managed base facilities, programs, services and infrastructure sustainment for 109 Army installations worldwide, overseeing an \$8 billion annual budget, 125,000 employees, 14,970 million acres of land and 934.8 million square feet of facilities worth more than \$200 billion.

Before joining IMCOM, Sakowitz led the Army's Transformation of Installation

Management Task Force, which organized the operations of 15 commands into one structure to standardize installation management across the Army, a restructuring effort considered the most significant personnel movement in three decades and resulting in establishment of the largest field operating agency in Army history.

Sakowitz also served in two previous SES assignments: as deputy chief of staff for base operations support, U.S. Army Training and Doctrine Command from 1998 to 2002; and as assistant deputy chief of staff for personnel and installation management, U.S. Army Forces Command from 1996 to 1998.

He has been honored twice, by Presidents Clinton and Bush, as a Meritorious Presidential Rank recipient, recognizing him as a leader in the top 5 percent of the federal government's Senior Executive Service. He has received the National Association for the Advancement of Colored People's Award of Recognition for service and contributions in the areas of civil rights, race relations, equal opportunity, affirmative action and public service. He has also received the Army's highest civilian award, the Decoration for Exceptional Civilian Service.

Sakowitz graduated from Long Island University in 1975 with a Bachelor of Science Degree in health and physical education while attending on a basketball scholarship.

The write stuff

David Moore, media relations chief at the Fort Dix Public Affairs Office (PAO), and Shawn Morris, a TLC contractor at PAO, from left at right, have their cake and eat it, too, during the pair's going-away party June 9. Moore is a first sergeant and Morris a staff sergeant with the 50th Infantry Brigade Combat Team (IBCT), which is preparing for deployment to Fort Bliss, Texas, and then Iraq. The dynamic duo will be part of the IBCT's public affairs section, and hope to keep readers at home informed with articles and photographs from the front. The IBCT's farewell ceremony will be held on Doughboy Field June 14.

Carolee Nisbet



Chaplains' Corner

Chap. (Maj.) Bill Heisterman
Installation Staff Chaplain

A typically early start to what would prove another long, yet rewarding day, brought a pre-dawn work-out, a quick shave and shower, devotions, and then the clearing of several administrative tasks from my growing checklist.

Now three hours into the day, it was 7:30 a.m. and time to welcome a unit of Soldiers returning from Iraq. Following the invocation, a line forms, bringing each Soldier forward for a Chaplain's Coin, a personal handshake, a thank-you, and a blessing. After a year-long deployment, these Soldiers and their families are about to face many challenges unimaginable to those unfamiliar with such circumstances. Thankfully, through the chaplain's "Welcome Back," we invite God into their Reintegration process.

My next occasion to interact with these Soldiers occurs during their Reintegration debriefing, done in small groups to afford a safe environment for each Soldier to share his or her stressors experienced during the unit's deployment, and their expected stressors upon returning home.

The debriefing provides an opportunity for each Soldier to vent and contemplate these concerns, and provides me the chance to share some of my personal experiences upon returning home after a long deployment, to train the Soldiers on how to handle some of the common challenges, and offer some resources to assist the Soldiers and their families.

Throughout the entire Reintegration debriefing, I remain very transparent, discussing how the deployment affected me and my family. I speak about my experiences with a lack of patience, outbursts of anger, and aggressive driving habits, and how these serve as some of the common struggles for many returning Soldiers. I then encourage them with the hope that time and a healthy process can heal wounds, and let them

know about how others came along side me and my family to help.

I admit to them that I was afraid throughout the Reintegration process, but share how God had blessed my entire family through the experience. I want to let them know that even I, a chaplain who trained others on the dynamics of Reintegration while in Iraq and Afghanistan, was not immune to the struggles. The process is difficult, scary, and requires a lot of hard work. But, I explain, that is where we can find hope.

Next, I must perform a two-hour block of "Battle Mind" training for another group of Soldiers on how to prepare spiritually, mentally, emotionally, physically, and relationally for their upcoming trip to the "Sandbox." The training goes well, and once again brings to the forefront many of the lessons I learned during my tour in the combat zone, especially during my time serving in combat missions.

I still have a "Suicide Awareness" brief, a counseling session, and a farewell ceremony for another unit leaving for Iraq scheduled, but would need the other chaplains to cover each for me. Because I am the assigned "on call chaplain" for the day, I received the call from the Casualty Notification office.

A 20-year-old specialist had been killed in action during a firefight in Iraq, and I would be on the two-man team assigned to inform his mother of his death. (It dawns on me that my oldest daughter, Nina, is 20; and it all hits a little too close to home.) Just after dinner time, as we near his family's home, I cannot help but to think about what my wife, Dorothy, and I had discussed upon my return home from Iraq.

During one particular period in which I served with the 2nd Armored Cavalry Regiment in combat operations in southern Iraq, we fought, ate, and slept in our humvees and had no computer or telephone access. Normally, Soldiers' families experience a tremendous sense of powerlessness and great stress related to the circumstances of their loved ones serving in harm's way. The stress eases with a routine phone call, only to build until the next anticipated contact.

Two months without such contact forced Dorothy to face her greatest fear—every time the doorbell rang unexpectedly, she braced herself before answering the door. She needed to prepare for the possibility that when she went to the door, two Soldiers could be there to tell her, "The Secretary of the Army regrets to inform you that ..." At that point, she would cease to hear any other words as she came to grips with the realization that from that moment on, her life and the lives of our children would never be the same.

Now, I would be one of the Soldiers standing at the door forcing this mother to face her greatest fear.

My mind wanders from mundane thoughts to the realization that, for this mother, every dinner from this day forward would never be the same. Her entire world was about to change. I wonder who will be assigned to perform the funeral ceremony. I find strength and encouragement in my family's experiences and the promises of God—"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

Throughout the last several years since the start of the War on Terrorism, many of my experiences and circumstances have been difficult to put into the larger context of my calling. With my current assignment, I am now beginning to understand how each experience fits into God's broader plan.

A 20-year-old specialist had been killed in action during a firefight in Iraq, and I would be on the two-man team assigned to inform his mother of his death.



photos by Ryan Morton



Yellow banner days ahead

Col. Daniel Ammerman, 304th Civil Affairs Brigade commander, Command Sgt. Maj. Weltia Hill, brigade sergeant major, Maj. Betty Cumiskey and 1st Sgt. David Bernosky, from left at left, hang their unit's yellow banner during a ceremony at Infantry Park. Naval Commander John Erickson and Staff Sgt. Martin Sierra Jr., DET 5, 353rd Civil Affairs Command, above left, and Maj. Mike Brockway and 1st Sgt. Patrick Gongora, 404th Civil Affairs Battalion, above right, hang their units' banners.

WDIX Channel 2
24/7 information



Ryan Morton

Jacks and Jill

Fountain Green Golf Course hosted the latest Commander's Cup June 11. The three Jacks and a Jill competition was won by the team of Stacey Hutchins, Kevin Kaufman, John Sprague, and Don Ratcliff, shown above.

DOLLAR DAZE @ THE FT. DIX MCGUIRE BOWLING CENTER

1700-2000

\$1.00 12OZ DRAFTS!

\$1.00 GAMES OF BOWLING!

\$1.00 SHOE RENTAL!

\$1.00 HOT DOGS!

FT. Dix McGuire Bowling Center
Bldg. 6054 Doughboy Loop
562-4895

MWR

Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Military Long Drive Championship

Fort Dix is scheduled to host a first-round competition in the Military Long Drive Championship Aug. 16, starting at 4 p.m.

Local winners will advance to four second-round qualifying venues where they will compete for spots in the Military Long Drive Championship at Mesquite. The competition is open to

all active-duty service members, Reservists, National Guardsmen, retirees and family members 18 and older from all branches of the military.

For more information, call Fountain Green Golf Course at (609)562-2166.

Pool Hours

Recreational Swim
noon - 6 p.m. daily

Lap Swim

For ID holders only

Monday - Friday
6 a.m. - 8 a.m.

10 a.m. - 11:30 a.m.

Saturday

10:30 a.m. - noon

Boxing at Griffith

Former Heavyweight Boxing Champion "Smokin'" Joe Frazier will be at the Griffith Field House July 18, when the Marine Corps Boxing Team fights against the Muhammad Ali Boxing Club.

The event begins at 6 p.m. For more information, call 562-4888.

The Griffith Field House is also seeking Military boxers with little or no experience to participate.

Any military boxers wishing to compete can call Sgt. 1st Class Eric Turner at (609) 562-4271 or (609) 562-3801. Interested parties can also contact Floyd Winter at (609) 562-3330.



Wayne Cook

A step in time

Brig. Gen. Eldon Regua, commanding general, 104th Division (Institutional Training), Fort Lewis, Wash., left of the guidon bearer, led the members of the U.S. Army Command and General Staff College Intermediate Level Education (ILE) Course on a 3-mile run June 11. The 425 Soldier strong movement sang cadences as they made good time on a course that wound through the cantonment area.

SPORTS

Team Dix set for Army Ten-Miler

Ed Mingin
Public Affairs Staff

Qualifying to represent Team Dix in the Army Ten-Miler took place June 7. Actually, it took place twice the day before and then once at the scheduled time.

"We had a lot of guys who couldn't run Saturday, so we

let them run it Friday night," said Chris O'Donnell, sport coordinator at the Griffith Field House. "We took their times and compared them to the Saturday runners. We actually ran it twice Friday. A group showed up to run Friday, then another came. So we let them do it too."

Many of the Soldiers hoping to represent Team Dix were busy and couldn't make it for the planned time. Knowing the importance of training, the staff at the field house worked to accommodate the Soldiers.

"They're all training, and we know what that's like. We know how important that is, so we did what we could to accommodate them. We had eight runners Friday and 14 for Saturday. We had a really good

turnout for this event," said O'Donnell.

The Army Ten-Miler is the largest 10-mile race in the country, and runners come from all over the globe to compete at the event in Washington D.C. Six runners - four males and two females - will represent Team Dix against the finest runners the world has to offer.

To qualify to represent Team Dix, runners completed a 6.5-mile course. Representing Fort Dix in this year's Army Ten-Miler will be Master Sgt. Esly Panduro, who finished the event in 45 minutes 53 seconds; Capt. Greg Santillo was the next qualifier at 48:25; Master Sgt. Robert Cuff crossed the line at 54:31; Spc. Jonathan Hirsch finished in 55:01; Sgt. Monica Colts was the top female qualifier, finishing at 55:57; and Staff Sgt. Julie Aymar finished in 56:07.

"Those are pretty good times for a 6.5-mile course at 97 degrees," said O'Donnell. "We have some really good runners this year."

O'Donnell said the team will head to D.C. a day early so everyone can get settled in and enjoy the festivities, including the traditional pasta dinner served the night before the race.

"The Army Ten-Miler is October 5. We all go down the day before to give the runners a chance to participate in all the things going on," said O'Donnell. "We got the rooms already. In fact, the hotel is right across the street from the start."



photos by Lisa Evans

GO TEAM -- Master Sgt. Esly Panduro, above, loosens up before the start of Army Ten-Mile Qualifier. The top four male finishers and top two females will represent Team Dix at the October 5 race at the nation's capital. Panduro battled the 97-degree heat and finished the 6.5-mile course first in 45 minutes, 53 seconds. Sgt. Monica Colts, at right, was the top female runner, crossing the line at 55:57.



Boxing great visits post

Ed Mingin
Public Affairs Staff

Boxing legend Smokin' Joe Fraizer will be at Fort Dix July 18, when the Marine Corps Boxing Team fights against the Muhammad Ali Boxing Club at the Griffith Field House.

"These are two of the best boxing clubs in the country," said Floyd Winter, Griffith Field House director. "The Marines are coming up from Camp Lejeune, and the Ali Club is based in Philly. These are the elite amateur boxers in the country. The Marines are going to the Olympic trials; the Muhammad Ali club will be going there too."

With other types of entertainment like Ultimate Fighting and the WWE taking center stage in the past few years, boxing might not have quite the same fan base as it did in its glory days. In the past, boxing was popular, and amateur boxing was a really big deal - especially in the military.

"They used to box here at Fort Dix, back when they had basic training here," said Winter. "Amateur boxing used to be really big. It's kind of died

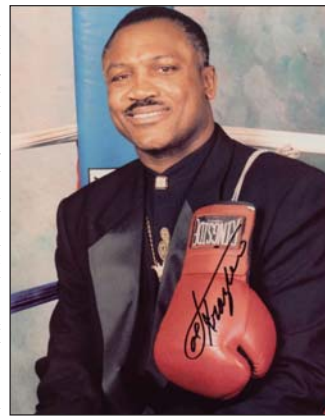
out some, but to have the elite boxers of the amateur ranks here at Fort Dix, that's really something. It's only \$5 to get in. To get a chance to see the elite boxers and Joe Fraizer for only \$5, that's really great. It should be a great evening, and a chance for the Fort Dix community to come out and see a legend."

Winter was a top amateur wrestler in the '70s, and though he never boxed, he spent some time training with the Army boxing team and had a chance to see Fraizer.

"I actually saw the Ali-Fraizer fights back when they happened. I saw them on TV. I got to meet Joe Fraizer back in '72. I was training with the boxing team and he was there. I got to say hello," said Winter.

Winter said there are about 10 boxing matches scheduled for the event, ranging from 125 pounds up to the super-heavyweight class. Winter and the MWR staff are hoping to make this a yearly event, and bring in the Army Boxing Team in the future.

Start time for the event is 6 p.m. Admission price is \$5. For more information, call 562-4888.



courtesy photo

LEGEND -- Former heavyweight boxing champ Joe Fraizer will be at the Griffith Field House July 18 when the Marine Corps Boxing Team fights against the Muhammad Ali Boxing Club.



Ed Mingin

One for the road

Katherine Morris, assistant store manager of the Fort Dix Shopette, poses next to the Crown Royal NASCAR Sprint Cup Series car. The car was on display at the shopette June 6, when the team was racing at Pocono Raceway. The Crown Royal car, driven by Jamie McMurray, finished twentieth at the Pocono race.

Massage Therapy

with Judy Santiago

Massages being offered include:

- 60 minute massage=\$60.00
- 30 minute massage=\$40.00
- Chair massage=\$1.00 per minute
- Prenatal (60 minute) massage=\$65.00

Massages can be purchased at:
Griffith Field House Front Desk

For appointments call Judy at (732) 598-6679

Griffith Field House: Bldg. 6033 Fort Dix, (HQ) 562-4888 or www.dixmwr.com

Renegades jump to lead

The Renegades jumped out to a fast start for the Preseason Softball Tournament. Beating the Gearheads and then Showtime, the Renegades now sit in first place in the double-loss tournament. NCO, Coffee House and the Hawks also remain undefeated, winning their season opener. Showtime and Guns N Hoses are still in the hunt with a 1-1 record. Still looking for their first win are the Gearheads, Wildcats, LSB, Veritas Aquitas and RTC-East, who were barely beaten by the Hawks. At right, Jon Sloan, of LSB, tries to rally his team in the first game of the series. LSB fell behind early against Guns N Hoses, and lost 15-9. Look in next week's edition of the Post for up-to-date game results.

RESULTS JUNE 10-11

Renegades	25	Gearheads	2
Renegades	9	Showtime	5
NCO	12	Wildcats	4
Guns/Hoses	15	LSB	9
Showtime	24	Veritas Aquitas	9
Hawks	15	RTC-East	13



Ed Mingin